

centering prayer group

Centering prayer is a method of prayer, which prepares us to receive the gift of God's presence, traditionally called contemplative prayer. It consists of responding to the Spirit of Christ by consenting to God's presence and action within. It furthers the development of contemplative prayer by quieting our faculties to cooperate with the gift of God's presence.

Centering prayer facilitates the movement from more active modes of prayer - verbal, mental or affective prayer - into a receptive prayer of resting in God. It emphasizes prayer as a personal relationship with God. It is Trinitarian in its source, Christ-centered in its focus, and ecclesial in its effects; that is it builds communities of faith.

PURPOSE: To learn about and practice this type of prayer

RESPONSIBILITIES: To attend weekly meetings

GIFTS - QUALIFICATIONS - SKILLS NEEDED:

1. Desire to pray

AMOUNT OF TIME REQUIRED:

1. One hour and fifteen minutes weekly

WHEN MINISTRY IS PERFORMED: Tuesday Evenings

LENGTH OF COMMITMENT: Open-ended

TRAINING PROVIDED:

1. Materials will be provided explaining the practice

2. Workshops outside of parish are announced

(Provided by Center for Contemplation)

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